

user guide

BUM™

AND THIGH TONER



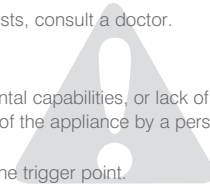
INTRODUCTION

The Bum and Thigh Toner features 3 toning programmes with 25 intensity levels to tighten, lift and tone the bottom and thigh area in just a few minutes a day.

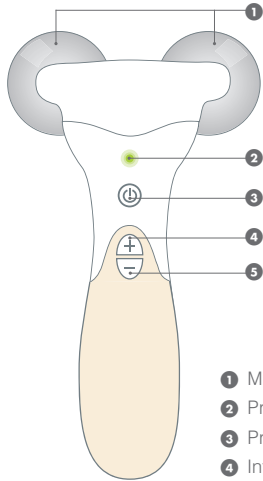
Using EMS (Electro Muscle Stimulation) pulses the Bum and Thigh Toner mimics nerve signals to contract and relax the muscles of the bottom and thigh. This passive exercise helps condition the targeted areas.

PRECAUTIONS

- **Please read all instructions thoroughly before use and retain for future reference.**
- Do NOT use if you are pregnant or if you have any of the following: pacemaker, heart disorder, receiving treatment for low blood pressure, epilepsy, diabetes, multiple sclerosis or if you are recovering from an operation.
- Do NOT use on areas of skin with disorders such as rosacea, pustular acne, abraded skin, sensitive skin, or over scars, moles or varicose veins.
- This device should NOT be used in the following cases: benign and malignant tumours, hemorrhages, inflammations of the skin, open and fresh wounds, bruises or broken skin.
- If the gel comes into contact with the eyes, rinse thoroughly with water. If irritation persists, consult a doctor.
- Keep out of reach of children and pets.
- NOT for use on children under the age of 14, a helpless person or on an animal.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- We recommend using the Bum and Thigh Toner for a maximum of 3 minutes on any one trigger point.

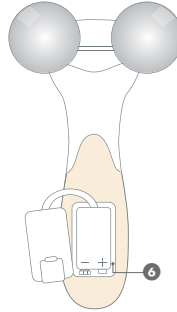


KNOW YOUR UNIT

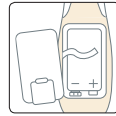


- 1 Metal contacts
- 2 Programme & On/Off light
- 3 Programme & On/Off button
- 4 Intensity level increase button (+)
- 5 Intensity level decrease button (-)
- 6 Battery compartment

REAR VIEW



BATTERY INFORMATION



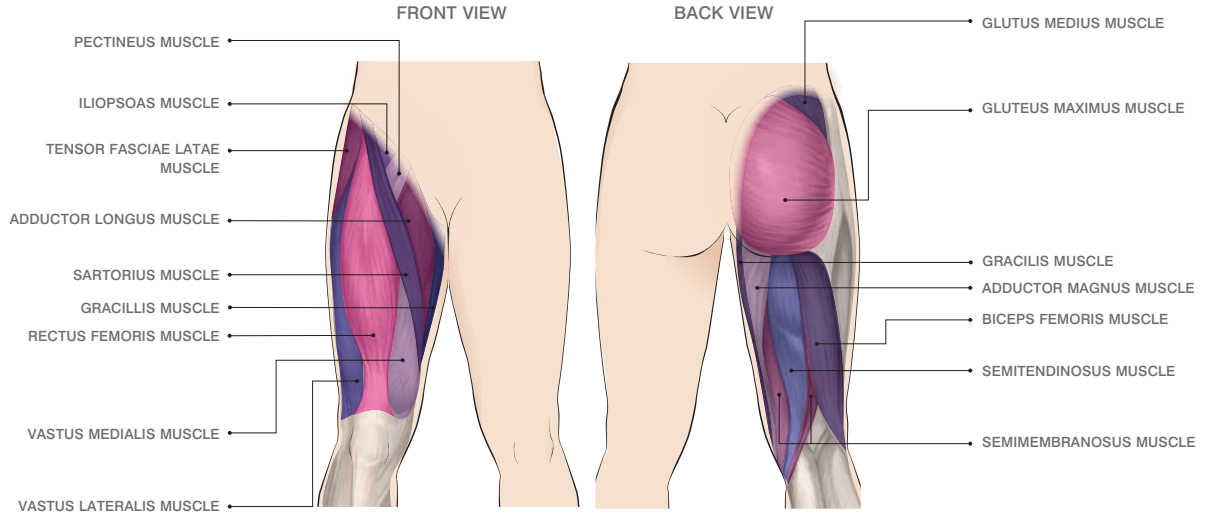
To fit the battery, release the clip and open the battery cover. Connect a PP3 9V alkaline battery ensuring the + terminal is as shown. Ensure the battery release ribbon is underneath the battery and replace cover ensuring it is shut firmly in place.

- If the unit is left unused for a long period of time, remove the battery.
- Do NOT use rechargeable batteries.
- Please ensure that the batteries are disposed of in the correct manner in accordance with local authority requirements.

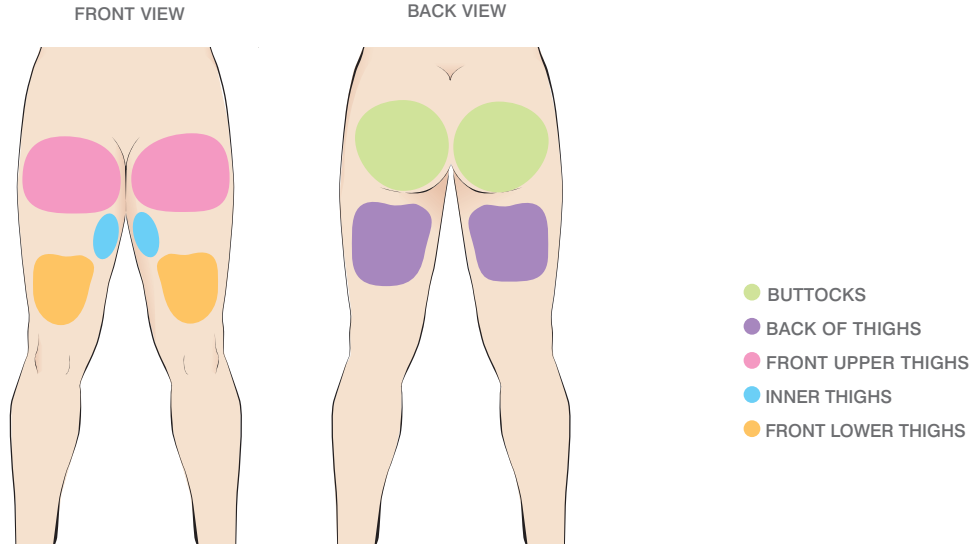
PATCH TEST

Important: Always do a patch test with the conductive gel on an inconspicuous area of your skin for possible skin reaction. Wait 24 hours. If irritation occurs do not continue with treatment.

KNOW YOUR LEG MUSCLES



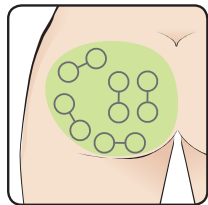
TREATMENT AREAS



TRIGGER POINT LOCATIONS

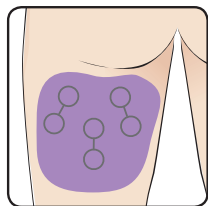
Treatment Overview: The aim of treatment is to activate the muscle trigger points by moving the Bum and Thigh Toning contacts over the treatment area to stimulate a muscle contraction. Once a muscle contraction is felt, HOLD the unit in position for a maximum of 3 minutes depending on intensity level and comfort.

NOTE: trigger point locations may vary slightly from individual to individual.



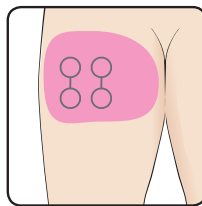
BUTTOCKS

Tip: carry out treatment in a standing position with weight distributed equally through both legs.



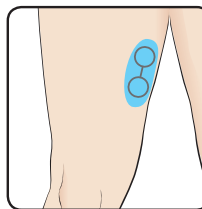
BACK OF THIGHS

Tip: carry out treatment in a standing position with weight distributed equally through both legs.



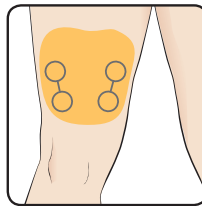
FRONT UPPER THIGHS

Tip: carry out treatment in a seated position with legs relaxed.



INNER THIGHS

Tip: carry out treatment in a seated position with legs relaxed.



FRONT LOWER THIGHS

Tip: carry out treatment in a seated position with legs relaxed.

USING YOUR UNIT

For best results we recommend toning each of your chosen treatment areas every day for the first few weeks, alternating between toning programmes: Day 1 - Programme 1, Day 2 - Programme 2, Day 3 - Programme 3 etc. Afterwards, use as required to maintain good tone.

NOTE: When the programme is changed, the intensity level will drop back to zero.

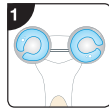
To begin with, the pulses give a mild tingling sensation and as the intensity is increased and providing you are on a trigger point location you will begin to notice muscle contractions. The muscle contractions are smooth and each contraction will start with a slow rise, hold itself in a contracted position for a few seconds and then gently relax. There are 25 intensity levels in total. We recommend starting on the lowest intensity level for each trigger point and building up until muscle contractions are felt.

PROGRAMME 1 - FIRMING

PROGRAMME 2 - TONING WORK OUT

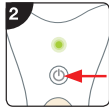
PROGRAMME 3 - TONING SHIATSU MASSAGE

BUM AND THIGH TONER™



STEP 1

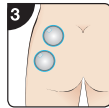
Apply a generous amount of conductive gel to each of the metal contacts. This is important to minimise the tingly sensation by maintaining good conductive contact with the skin.



STEP 2

Turn the unit on by pressing the Programme & On/Off button briefly, the light will turn green. The unit will start in Programme 1, the Programme & On/Off light will flash once.

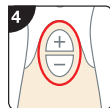
Note: To select Programme 2, press the Programme & On/Off button briefly again. The green light will flash twice to indicate Programme 2 is selected. Pressing the Programme & On/Off button briefly again will select programme 3.



STEP 3

Place both contacts on the skin within your chosen treatment area as near to the trigger point location as possible.

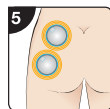
USING YOUR UNIT



STEP 4

Keeping the unit in contact with the skin, increase intensity level by pressing the (+) button until you feel a muscle contraction. If you do not feel a muscle contraction adjust the position of your contacts within the trigger point region. On higher intensity levels it is quite normal to feel significant tingling along with the muscle contractions.

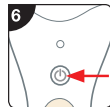
Note: You may increase or decrease intensity at any time by pressing the (+) or (-) button.



STEP 5

When muscle contractions are felt, HOLD the unit in position for a maximum of 3 minutes depending on intensity level and comfort.

IMPORTANT: ALWAYS re-apply gel and reduce the intensity level before moving onto the next trigger point location within your treatment area.



STEP 6

After use, switch the unit off by pressing and holding the Programme & On/Off button for 2 seconds.

Note: If left unused, unit will automatically switch off after 10 minutes.

HANDY TIPS

- Should you experience any discomfort, you should add more conductive gel, reduce the intensity by pressing the (-) button, or remove the unit from the area being treated.
- Start at a low intensity level to begin with until you get used to the sensation.
- The buttocks usually require a higher intensity level.
- To ensure intensity level is at its lowest for each trigger point, you may want to turn the unit off and back on again - remember you will have to reselect your chosen programme if you use this method.

GENERAL INFORMATION

- The unit may be cleaned by wiping with a damp cloth. Do NOT use solvents or detergents.
- Do NOT immerse the unit in water.
- Do NOT disassemble or repair. There are no user serviceable parts inside the unit. If you have any problems using the product, contact our Customer Care Department.
- If the unit is damaged do not use it.
- Do NOT use near to shortwave or microwave equipment.
- If you experience unexpected behaviour of this product then it is possible some external electromagnetic interference is responsible e.g. electric motors/loudspeakers. You should remove this source and restart the product to restore full operation.

DISPOSAL



The Waste of Electrical and Electronic Equipment (WEEE) Directive (2002/96/) has been put in place to recycle products using best available recovery and recycling techniques to minimise the impact on the environment, saving energy and resources and avoiding hazardous materials from going to landfill.

The product is classed as Electrical or Electronic equipment so please ensure that at the end of the life of this product it is disposed of in the correct manner in accordance with local authority requirements. It must NOT be disposed of with household waste.

CUSTOMER CARE

If you have any questions, or if you experience any difficulties please call our Careline on: **01242 702345** or email us at: **online@riobeauty.com**

To register your two year guarantee online visit:
www.riobeauty.com/warranty_online.htm

UK



www.riobeauty.com

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